










Play



Celebrate

July is National Parks & Recreation Month

Get Active! visit
www.carlsbadca.gov/parksandrec

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 It's Family Golf Month – visit The Crossings at Carlsbad	2 Music Moves for toddlers at Calavera Hills Community Center	3 Meet new friends at the Dog Park 
4 Independence Day 	5 Holiday - City offices closed	6 Adopt-a-Trail, do good for the community and the environment	7 Get creative with Ceramics at Senior Center 	8 Masters Swim is for everyone	9 Zumba Fitness at Calavera Hills 	10 Community Health & Fitness Expo, Westfield Plaza Camino Real 
11 Carlsbad Triathlon, Tamarack Beach 	12 Online registration for Aquatics 2nd session	13 Get a membership to the Fitness Room for adults 50+ at the Senior Center 	14 Youth Karate at Harding Community Center 	15 Make a lunch reservation at Senior Center	16 Tennis in full swing at the new courts at Poinsettia Park 	17 Learn about early Carlsbad at Leo Carrillo Ranch Historic Park 
18 Interactive trails maps at carlsbadca.gov/trails 	19 Guard Start teen lifeguard program begins 	20 Adult basketball leagues play begin	21 Yoga Circle at Calavera Hills Community Center	22 Follow @carlsbadparkrec on Twitter 	23 Family open gym night at Calavera Hills 	24 Picnic-perfect nights in the park 
25 View volunteer opportunities at www.volunteerincarlsbad.net 	26 Fall Community Services Guide available – try something new	27 Try belly dancing at Stagecoach Community Center	28 Laughter Yoga at Senior Center	29 Teens: see what's new with the L.I.T.E. program at Pine Avenue Park 	30 TGIF Jazz at Poinsettia Park	31 Don't forget to sign up for Preschool 